



# Food for Thought

February 8, 2012  
A week in Vasa – DAY 3



## Positive energy



First thing in the morning, we had a look at a few pictures that were taken yesterday during the outdoor activities. Diane-Christine said that she could feel a lot of positive energy among the students and teachers. Taking part in a Comenius exchange is a chance of a lifetime, she said, and it enables us to meet people we would not have met otherwise.

Then we revised our Swedish a little and the whole group repeated *God morgon!* as well as *Hu mår du? Tack, bra!* a few times and I have the impression that we are getting better at it! But then, we had to learn a new expression: *Smaklig måltid* (enjoy your meal).

## A real chef!

Mårten Berg works in a local restaurant and visited us to speak about his job as a chef. He was also a teacher for four years. He told us about the type of vegetables that are cultivated in Finland and also what they have to import. He explained why it is important to use locally produced food. So we did not only speak about what we eat but also about the environment and the economy of Finland.



Such a conference is undoubtedly a great way to go over the vocabulary of food, as the chef spoke about lots of animals and plants and the pictures that Diane-Christine found on the Internet were very useful to show what the words moose, pike, crayfish and colza mean!

The chef also mentioned a typical Finnish dish that we should try before leaving Finland; it is called *kalakukko*. It is fish baked inside a loaf of bread and it looks delicious.

## Five workshop sessions

Today the students were very busy again as they dealt with five different topics: health, taste, art, lingua and ingredients. Five different ways to speak about food.

They all attended 45-minute classes, exchanged views and learnt about all these subjects. They were given advice by a nutritionist, tasted sour, sweet, salty and bitter types of food, imitated Arcimboldo's paintings, learnt how to say "cheers" in five or six other languages. They worked a lot today, but they enjoyed it very much!



## **Matisse, Picasso and friends**

Where can you see a painting by Picasso, another one by Matisse, a series of engravings by Gauguin, a drawing by Degas and many other works of art?

You do not have to leave Finland or go to Helsinki. Just visit this fantastic museum across the street! The guided tour of the museum was very interesting and we were given a very warm welcome there this afternoon.



## **Cooking together**



Our students and their hosts had to cook together and prepare a delicious meal for the Finnish parents. Well... I'm not sure there are plenty of great cooks among our students but as the chef said this morning, the meal will be good as long as you cook with your heart!

More about it tomorrow and as you can see, even some teachers prepared dinner together tonight!

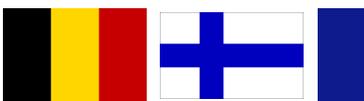
## **Today's artists**



Today's artists are our students themselves. All our students. One of the workshops was about art and food and of course, there is an Italian artist whose paintings are directly in connection with food and that I wrote about in one of the first newsletters: Arcimboldo.

After a presentation of a few of his paintings, Carina and Maja – two art teachers – asked the students to use real ingredients to make a portrait with food. All their creations have already been printed and displayed in the school's dining hall so that we all can see them.

**Next newsletter tomorrow!**



Education and Culture DG  
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